

ABSTRACT

This invention relates to systems to regulate pace. More particularly, this invention relates to providing a user with a regulated pace through the use of an electronic pace regulating, timing, and coaching device. In accordance with the instant invention, a portable programmable electronic device is configured to provide an audible signal at a repeated frequency that is selectable by the user. The pace timer and coaching device provides the user with a set audible cue at a set frequency to be followed during an exercise session. The audible cues provide a single regulated pace to be followed by the user while performing repetitive actions, motions, or strokes such that a desired training or racing pace is adhered to. The device is configured to detachably couple to swim goggles, to a user, to sunglasses, to an arm band, to exercise equipment, or to other articles of clothing utilized while exercising.